



We all live in a watershed.

Watersheds can have a big impact on the water we drink.

We all need clean water to drink.

It is very important to take good care of our watersheds.

We all live on land.

The way we treat the land in our watersheds can have a big impact on the water we drink.

## We should drink at least 6-8 glasses of water every day.

Keep track of the number of glasses of water you drink for the next three days. Draw a circle around a water drop every time you drink a glass of water.

How many glasses of water did you drink?

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_ Day 3 \_\_\_\_



### Did you know

Did you know that your body is made up of 2/3 water?

Water helps your body keep a healthy temperature.

Water protects the organs in your body.

Water keeps the tissues in your eyes, nose and mouth moist.

Water helps dissolve the minerals and nutrients in the food you eat so that your body can use them.

Water helps flush things out of your body that could harm it.

Your body needs fresh, clean water to be healthy!



Find and circle these words in the puzzle:

CLEAN

RAIN

GROUND

RIVER

HEALTHY

SNOW

LAKE

**STREAM** 

**OCEAN** 

WATER

POND

WELL

D U R D K N I R H L Z M R J C
Q N N C F I E S S D R A T R A
O O U L W T A B P M L E B T R
P D T O A V D D X L L R M X P
M C X W R E J W M Z E T G M I
U G K T A G I A Q Q W S A S K
Y Q T F X N W Q O Z M G T V Z
R Y W G A O Y Q D O S W X R O
Y H T L A E H A D C O N A Q D
M D R N V Y R D W E X I R I N
R I W V G H Z I L A N T C X Y
C L E A N W K W V N E K A L Q
V U Q S Q N O K R E E A U G L
O S I F Q K Q N L Q R S F M L
Q Q V S A W Y E S S E K A O G

## HEALTHY WATERSHED = HEALTHY WATER

Out of all the water on earth we can only use 1% to drink, bathe, brush our teeth, water our gardens, wash our dishes, cook with, wash our dogs and all of the other things we use

water for.

Most of earth's water is in the oceans and is salty. Some of earth's water is frozen in glaciers and ice caps. There is very little fresh water that we can use and it flows through

Do the following activity to see how much of Earth's water we can use.

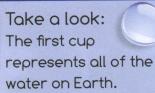
You will need:

• A Bowl of Water • Two Cups • A Teaspoon

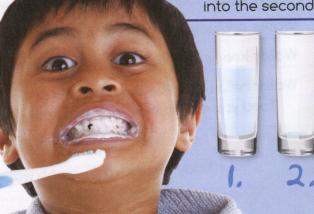
What to do:

Put 100 teaspoons of water into the first cup.

Put 1 teaspoon of water into the second cup.



The second cup represents all of the fresh water we have available to use for ALL humans, animals and plants to live healthy lives.



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our watersheds!

# our daily habits are very important to the health of our watershed... AND OUR WATER!

Some of our habits keep our watershed healthy, and some of them can harm it. Match the good habits to the healthy water and the harmful habits to the unhealthy water. An example

has been done for you.



Turn water off while brushing teeth.



Use a broom to sweep sidewalks.

Leave soil bare.



Compost vegetable and fruit scraps.

Put

mulch around trees and plants.



HEALTHY UNHEALTHY

Keep grass clippings on the lawn.



Recycling.

Harmful bacteria from pet waste can be washed into storm drains by rain. Pour waste material in storm drains.



Compost conserves water and provides plants with healthy nutrients.



energy, water and natural resources.



Spray driveway with a hose to clean.

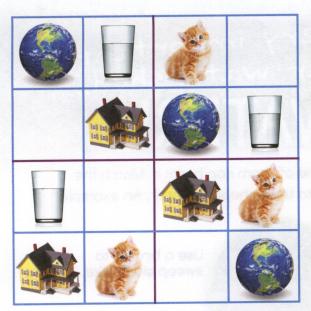
Keep
harmful
materials out of
storm drains. Use a
broom instead of a
hose to clean driveways
and sidewalks.

Pick up pet waste and flush down the toilet.

Grass clippings left on the lawn help conserve water and provide healthy nutrients for the soil.

Bare soil can lead to erosion.

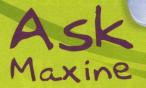




#### Watershed Sudoku

Draw in the missing pictures so that every row, column and section contains a different part of the watershed. Only one of each "part" can be in each row across and each row down.





How big is the watershed I live in?
Do my neighbors live in the same watershed I do?



Answer: Watersheds can be big or small.

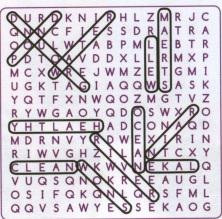
They usually have some high points of land like hills, mountains or ridges. When rain, sleet or snow falls to the ground, it runs from the higher points to the lower points. Gravity pulls it downhill until it reaches a body of water. If the land in your watershed is steep, the water usually runs off into rivers or streams. If the land around you is level, the water will slowly flow into lakes or ponds, or seep into the soil and add to groundwater.

If you would like to see a map of your watershed and find out if your neighbor lives in the same one you do, use the internet to go to:

http://cfpub.epa.gov/surf/locate/index.cfm and click on "Surf Your Watershed".

Maxine worked for NACD for 47 years. That's why we always ask Maxine.







National Association of Conservation Districts

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Additional education material available at:

http://www.nacdnet.org/education/resources/

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